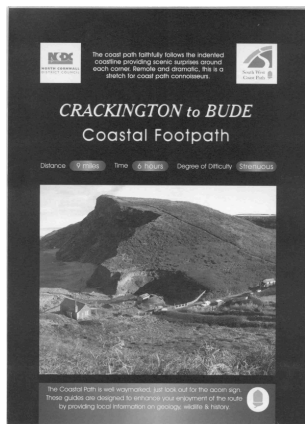


Crackington to Bude

50p



Distance: Approx. 9 miles

Time: Allow 6 hours

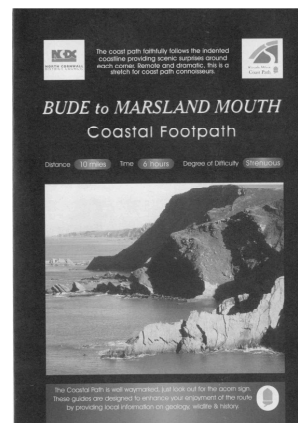
Terrain: Coastal footpath, strenuous.

Info: This 9 mile strenuous walk leaves the secretive village of Crackington Haven and follows the rugged coast line along to Millook providing you with a superb view of the whole of Bude bay stretching away to Hartland. Continuing on takes you past the fine sandy beach of Widemouth Bay taking you on to Bude following the Canal into the Town Centre.

An order form can be downloaded from the www.visitboscastleandtintagel.com website, and is on page 23 of our Coast Lines newspaper.

Bude to Marsland Mouth

50p



Distance: Approx. 10 miles

Time: Allow 6 hours

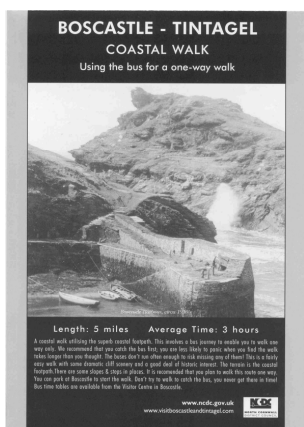
Terrain: Coastal footpath, strenuous.

Info: This 10 miles strenuous walk takes you from Bude and passes the stunning sandy beaches of Summerleaze and Crooklets. Continuing takes you past Northcott Mouth and Sandymouth and on to the outstanding Duckpool with breathtaking scenery, wonderful beach and wildlife. Following the path to Morwenstow takes you past Hawkers Hut, the smallest property owned by the National Trust and then takes you to Marsland Cliff where before you lies England!

An order form can be downloaded from the www.visitboscastleandtintagel.com website, and is on page 23 of our Coast Lines newspaper.

Boscastle to Tintagel

50p



Distance: Approx. 5 miles

Time: Allow 3 hours

Terrain: Coastal footpath, moderate.

Info: Utilising the superb coastal path, this 5 miles walk can involve a bus journey to enable you to walk one way only. A fairly easy walk takes you through dramatic cliff scenery, historic interest, and the delightful beach of Bossiney.

An order form can be downloaded from the www.visitboscastleandtintagel.com website, and is on page 23 of our Coast Lines newspaper.

Remember, the local bus service can take you from the finish point back to the start.